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This Self-Care Handbook is a must for every bookshelf.

Topics Include:

THE SELF CARE BASICS:

-  The Wise Medical Consumer
-  Prevention and Early Detection
-  First Aid and Emergencies

HEALTH PROBLEMS:

-  Abdominal Problems
-  Back and Neck Pain
-  Bone Muscle and Joint Problems
-  Chest and Respiratory Problems
-  Eye and Ear Problems
-  Headaches
-  Mouth and Dental Problems
-  Skin Problems
-  Infant and Child Health
-  Chronic Health Problems

MEN'S AND WOMEN'S HEALTH

For Example

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When children should be immunized?

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SELF-CARE HANDBOOK

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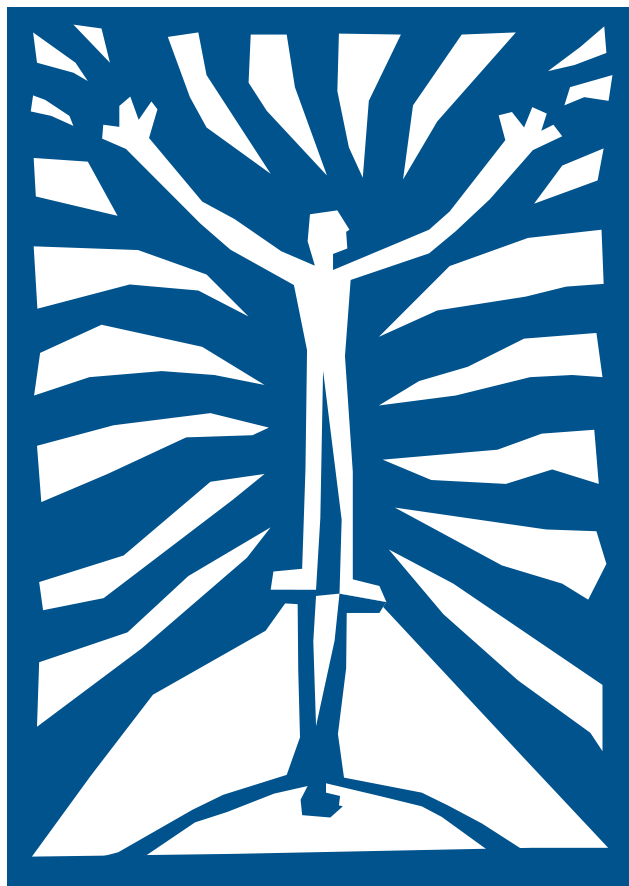
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